



Spinach and Black Bean Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli frozen chopped
- 15 ounce black beans drained and rinsed canned
- 0.5 teaspoon cayenne pepper
- 1 clove garlic chopped
- 2 ounces parmesan cheese freshly grated
- 0.5 cup onion red chopped
- 16 ounce rotini pasta whole wheat
- 8 servings salt and pepper to taste
- 2.5 cups pkt spinach fresh chopped

- 1 cup tomatoes diced
- 1.5 cups vegetable broth

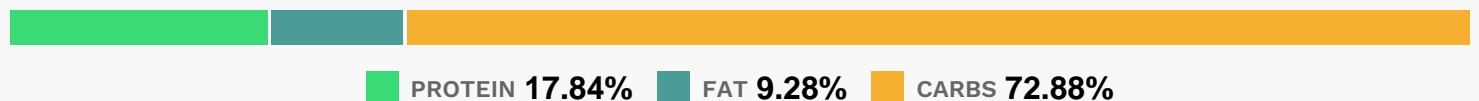
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add rotini, and cook for 8 to 10 minutes, or until al dente; drain.
- In a large saucepan over medium heat, bring the vegetable broth to a boil. Reduce heat, and mix in spinach, onion, garlic, cayenne pepper, salt, and pepper. Stir in the black beans and broccoli. Continue to cook and stir 5 to 10 minutes.
- Stir the tomatoes into the saucepan, and continue cooking 10 minutes, or until all vegetables are tender.
- Serve over the cooked pasta.
- Garnish with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:17.9, Inflammation Score:-8, Nutrition Score:17.001304247457%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 304.97kcal (15.25%), Fat: 3.14g (4.83%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 49.1g (17.85%), Sugar: 3.05g (3.39%), Cholesterol: 6.17mg (2.06%), Sodium: 714.06mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Selenium: 39.49µg (56.41%), Vitamin K: 58.3µg (55.52%), Manganese: 0.8mg (40.02%), Vitamin A: 1312.3IU (26.25%), Fiber: 6.41g (25.64%), Phosphorus: 229.67mg (22.97%), Vitamin C: 17.39mg (21.07%), Folate: 73.01µg (18.25%), Magnesium: 64.19mg (16.05%), Copper: 0.3mg (15.15%), Potassium: 453.07mg (12.94%), Iron: 2.2mg (12.24%), Calcium: 112.76mg (11.28%), Vitamin B1: 0.16mg (10.34%), Zinc: 1.54mg (10.3%), Vitamin B2: 0.16mg (9.45%), Vitamin B6: 0.19mg (9.38%), Vitamin B3: 1.57mg (7.86%), Vitamin B5: 0.47mg (4.65%), Vitamin E: 0.51mg (3.43%), Vitamin B12: 0.1µg (1.59%)